

# Rightsizing Your Life

Fall, 2019

## Weekly Schedule

Each student is required to keep a weekly Accountability Journal that summarizes what they have accomplished that week. Homework will be assigned each week.

Goal: At end of class, every student will have RIGHTSIZED their life!!!!

Week 1	Sept 18	Introduction and Overview of Class Review of Classes, Individual Introductions
Week 2	Sept 25	DUMP THE JUNK Organizing - Time, Chores, Closets, etc. PITCH & DITCH - Downsizing Your Home
Week 3	Oct 02	CHUCK THE YUCK - Trend's, Do's and Don'ts in Decorating Individual and Functional Life Style Personalized for you
Week 4	Oct. 09	RESTORE THE DOOR – Repairs, Replacements and Renovations LET GO OF THE SHOW - Collectables
Week 5	Oct. 16	Don't BUST THE TRUST – Guest Speaker –Lorri Jackson Trusts, Wills and Financial Advice
Week 6	Oct. 23	CAGE THE AGE – How has Your Outlook on Life Changed ? Living Alone? Cooking for 1? Retirement Fears?
Week 7	Oct. 30	BEND OR END - Relationships - Virginia
Week 8	Nov. 06	SHOUT OUT THE DOUBT Guest Speaker – Michael Carson Relating to Adult Children (His view) SCRAP THE CRAP – Setting Boundaries - Virginia
Week 9	Nov. 13	SMILE A WHILE – What Makes you Happy?
Week 10	Nov. 20	FLUFF THE STUFF – Loose Ends